

DR. ROBYNE HANLEY-DAFOE | PETER KATZ



Reigniting the *Spark*

Using a Collective Experience to
Elevate and Transform Teams.

The recent global challenges have deeply impacted our way of life. Uncertainty and stress have left a significant blast radius for us all. Leaders and organizations are prioritizing employee well-being and mental health more than ever, yet many still feel discouraged and weary. The weariness persists because we have armoured up as a means of weathering the storms in our lives, especially in our professional settings. This has created a disconnect with our feelings and thoughts.

This is a *normal* response in such *abnormal* times.

“Creativity is intelligence having fun.”
- Albert Einstein

Intuitively we know we need to come together. Strong teams and allyships are needed to meet the ever-changing and complex challenges of our time, but where do we even begin? Clearly, we need a musician and a scientist!

To reignite a sense of hope and cohesion in our workplaces, we need to operate with our head and heart in alignment. Research-based resiliency-building practices and facilitated connection activities

serve as a sound foundation for that alignment, while music and storytelling provide the universal remedy for bridging the mighty delta between how we think and feel. When we are back in head/heart alignment, then we are ready to learn new ideas and explore what is possible.

Creativity and collaboration are needed to solve these complex challenges, let

Peter and *Dr. Robyne*
be your guides.



Join international resiliency expert and author Dr. Robyne Hanley-Dafoe and award-winning singer-songwriter, storyteller and facilitator Peter Katz, as they guide us through an interactive session designed to unite, recharge, and elevate team cohesion and performance.

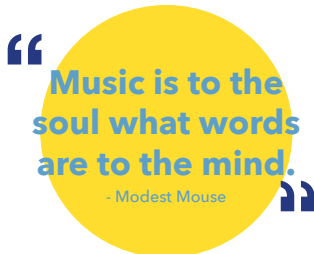
This unique pairing delivers an engaging and thought-provoking experience rarely found in a single session. Sharing their combined gifts of the arts and a finger firmly on the pulse on the cutting-edge resiliency research, Peter, and Dr. Robyne provide the pathway to deep learning through expertly facilitated moments of reflection and insights. Based on research-informed practices, participants learn tools and techniques for immediate application of value-based living systems that cultivate team connection and cohesion.

Together, Dr. Robyne and Peter engage the whole person for transformational professional development that lasts well beyond the event itself.

Reigniting The Spark starts the process of 

moving us from a group of transactional colleagues into a transformed team

of contributors and collaborators. Participants learn how to hold space to see and be seen, to have conversations that inspire and to sustain a steadfast commitment to living in hope with others which transforms how teams perform.



The Power of Learning with Science and Music.

A Multi-Perspective Approach



The framework for this event is based on

- Research informed principles of learning
- Emotional and social capital building
- Music transfer effect
- Expressive dialoging in professional settings
- Shortcuts to deep learning and behavioural
- Change through connection to values and signature strengths
- Appreciative Inquiry and Xchange Approach based facilitation techniques

Most professional development is presented as a **PASSIVE** knowledge transfer. For some this is an effective way of learning, however, for most people, this approach lacks the application and generalizability.

Simply knowing better does not equal doing better.

For learning to transfer into practice we need to **ACTIVATE** four variables:



Construction
Building new ideas on prior knowledge.



Cognition
Opportunity to think, reflect, and talk about our learnings.



Community
Sharing an experience with others also learning new ideas strengthens bonds, trust, and connection.



Calm
A person needs to have a regulated nervous system and feel safe to be able to take in new knowledge.

Methodologies and benefits of this work.

EMOTIONAL CAPITAL

Emotional capital occurs when we evoke an emotional response paired with learning. It can be challenging to create optimal learning opportunities and safe spaces for learning in short time frames and in professional settings, however, when we use the four variables of learning combined with music and storytelling, **we can expediate and deepen the learning experience.**

MUSIC TRANSFER EFFECT: THE SCIENCE OF MUSIC

Music has been scientifically proven to be a powerful tool for learning and connection.

How does it work? Music stimulates a range of emotions since musical memories live in the brain's amygdala which is our central 'feeling factory'. We are hard wired to experience music as much as we are built to breathe. So, beyond the innate joy of experiencing the live music of a world-class singer-songwriter, Peter's performances are actually creating the most optimal conditions for learning while simultaneously creating a collective experience for teams. This leads to exponential development of the emotional and social capital that's inherent to this work.

SOCIAL CAPITAL

Social capital is built through experiences and exchanges. When we share experiences with others, we create social capital. When in one another's company, we build trust, allyship, and opportunities for collaboration and contribution. Social capital is paramount for teams as it serves as a buffer from interpersonal conflicts, social loafing, job dissatisfaction and lack of engagement.

EMPLOYEE-LEADERSHIP HARMONY / RETENTION

Job mobility is at an all-time high with Forbes recently reporting that 52% of employees are considering changing their jobs. And Deloitte recently published research stating that some of the key factors for retention in a millennial workforce is a sense of belonging, safety and emotional wellness in the work environment. This marks a big evolution from the old work-life/home-life divide. Bringing **Reigniting The Spark** to team members **provides a strong signal to employees that the leaders are 'actioning' their commitment to employee wellness and their sense of safety and belonging at work.**

UNDERSTANDING RESILIENCY AND HOW WE SHOW UP

Resiliency is a person's capacity to navigate stress, change, uncertainty, and challenges.

Our personal resiliency impacts every facet of our lives including our work and how we show up.

Dr. Robyne is a leading expert in resiliency education and team wellbeing and shares practical insights for building our resiliency thresholds both personally and professionally. With this renewed capacity, teams transform into thoughtful collaborators who are well equipped to manage what comes their way.

Resiliency also serves as a buffer for stress cycling which is known to lead to burnout. And, at the heart of burnout is a deep experience of depletion from time spent outside of our values.

Our Values

How do we course-correct?

We need to make what matters most, matter most.

We need to ensure we are building a professional practice that is not at the cost of our relationships, including the relationship you have with yourself. Living wholeheartedly in every domain of your life is the most powerful defense to combat the celebrated norm of hustling, the praise of exhaustion, and the disease to please others.

As a core part of **Reigniting The Spark**, Dr. Robyne and Peter facilitate discussions to explore, connect with and implement value-based living practices for recovery.

When we align our values, we become accountable. We own how we show up and how we work. We practice professionalism not because we are told to, rather because we carry ourselves with respect, emotional intelligence, civility, and confidence. We are willing to explore new ideas, perspectives different from our own and accept challenges as learning opportunities. We live an inspired life and value trust, honesty, authenticity and care.

elevate every aspect
of our lives.

Comeback Rate

There is no such thing as a human who never gets knocked down. It is inevitable that we will all face challenges that at first seem like more than we can handle. The goal is to learn to re-wire ourselves to **RESPOND** vs **REACT**. When we simply react, we are out of control, in fight-or-flight, in a stress response, disconnected from our head and our hearts and ultimately this leads to unfavorable outcomes and depletion.

When we learn instead how to **RESPOND**, we are able to be the observers of our challenges, we have agency over our choices, we have the wherewithal to reach into our toolbelts and select the appropriate response to ultimately get the resolution that will be of highest service to ourselves and to our colleagues. In order to be wired for responsiveness instead of reactivity however, we need a well-defined and readily accessible set of tools.

This is where Robyne's **4 Forces of Recovery** come into play.

In Robyne's research she has discovered that there are 4 forces that help us recover from our moments of reactivity and depletion:

Solitude / Connection



For some, creating even just a moment to collect their thoughts can be more powerful than an hour of conversation. For others, taking a moment for genuine connection is all that was needed.

Being able to identify what works for each of us based on our individual levels of introverted/extroverted-ness, combined with instant access to self-regulation techniques, can mean the difference between a total descent into the abyss, and a simple reset that creates the spaciousness and capacity to carry on.

Nature / Environment



From getting outside and soaking up the recalibrating power of nature, to simply cleaning up your desk, there's a relationship between our environment and our thoughts. When we become intentional about our environment, we become intentional about our recovery.

Music / Expression



One great playlist can change your day, a single moment of music can reset an entire nervous system. We know intuitively that music matters because we use it to mark most of the most significant moments of our lives, from our weddings to the funerals of loved ones, to so many of the key time-stamps of our lives. Combining the power of music with appreciative-inquiry based reflection questions, takes a healing force that we already know and love, and turns it into a powerfully intentional and indispensable recovery tool we can go back to over and over again with the simple push of a button.

Gratitude / Acts of Service



What we appreciate, APPRECIATES. When we are able to practice gratitude and/or direct our energy into serving others, we are provided with a reliable shortcut to those 'good-feeling thoughts'. We generally know this to be true, but we lack access points to our practice of it.

Reigniting the Spark was diligently designed to harness the power of these 4 Forces of Recovery, they are woven into the entire fabric of the session. As a result, in a surprisingly short period of time, attendees are able to move from feeling a sense of disconnect from themselves and each other, to a place of meaningful connection to their good-feeling thoughts, all at a speed and scale that is not only surprising, but necessary in our high-paced and ever-changing world. Furthermore, the tools are so immediately applicable and actionable in their lives, that participants are able to recreate their recovery moving forwards by identifying and practicing newfound comeback behaviours.

The experience.



PARTICIPANT FEEDBACK

"I loved having the chance to connect with team members that I don't directly work with since I don't have conversations with them in our day-to-day work."

"It was like vitamins for my soul I didn't even know I needed."

"Thank you so much for opening this space for us. After so long of feeling a bit lost in my way this was a great way to kickstart some productive and regenerative thinking!"

"This was so nourishing, that's really the word to describe it... nourishing."

VIRTUAL

The session takes place over Zoom using state of the art switching software and high quality cameras/audio interfaces to deliver a broadcast quality audio visual experience.

The session is designed to run for 90 minutes but timing can be adjusted to a certain extent to meet your needs.

Participants are encouraged to have pens, paper, journals, coloured crayons and markers, whatever creative tools they enjoy using for the self-reflection moments of the session.

Participants are encouraged to join from a stationary spot for optimal engagement and participation. This event is designed to be a special time for team members to connect with themselves and with their colleagues. As such, we gently encourage participants to eliminate notifications, distractions, or anything that will take their attention from the experience.

That said, we are mindful that we are coming into the participant's personal spaces virtually. Please know that their world is absolutely welcome here. Pets, people, plants... neighbours... Life is welcome in this space.

IN-PERSON

Peter and Robyne have collectively delivered thousands of keynotes, performances and facilitations to hundreds of thousands of participants across the full gamut of industries. Reigniting the Spark is a perfect session to open a conference with heart, provide that much-needed moment of connection and grounding in the thick of a busy conference agenda, or bring the event to a meaningful close. Beyond the technical knowledge, skills and content that attendees are seeking on an individual level when attending a conference, Reigniting the Spark provides a true collective experience where participants move from a group of individuals, to a connected community who have shared a meaningful experience together.

There is a healthy mix of live music, storytelling, powerful insights, tangible takeaways, as well as plenty of active engagement exercises, reflections and sharing.

The configuration flows from large group to small group several times throughout the session so 100% engagement is ensured by having every single attendee be given the opportunity to have their voices heard.

About
Dr. Robyne
& Peter

DR. ROBYNE HANLEY-DAFOE



Described as one of the most sought-after, engaging, thought-provoking, and truly transformative international speakers and scholars in her field, Dr. Robyne Hanley-Dafoe is a multi-award-winning education and psychology instructor, author, and resiliency expert. She specializes in resiliency, navigating stress and change, personal wellness in the workplace, and optimal performance - both personal and organizational. With over 18 years of university teaching and research experience, and as a two-time TEDx Talk speaker, Dr. Robyne continues to create accessible and relatable materials while offering practical strategies that are realistic and sustainable.

Dr. Robyne recently joined a group of highly esteemed authors from around the globe as a 2022 Nautilus Award recipient with her debut book 'Calm Within The Storm: A Pathway to Everyday Resiliency.' Dr. Robyne and her team, have developed innovative

“ She is uncommon among the uncommon when it comes to delivering truly transformational learning even through a screen! ”
- Virtual-Keynote Participant

programming and open educational resources that are readily shared across a multitude of industries. While working alongside some of the most influential organizations in Canada and across the world, since March of 2020, she has delivered over 500 keynotes and workshops.

A 'Dr. Robyne Experience' was recently lauded as "being so universal and genuine that it lands with such lasting affects with people from all walks of life. She brings her infectious enthusiasm, unique relatability, and unmistakable expertise to bear on the challenges that humanize us all."

**About
Dr. Robyne
& Peter**

PETER KATZ



Peter Katz is a JUNO Award & Canadian Screen Award-nominated singer-songwriter who has spent the past 15 years touring internationally. He has been described by many of his fans and speaking clients as “a thunderbolt for the soul”.

Renowned CBC radio host Tom Power described Peter’s music as “one of the most heartfelt, beautiful, and vulnerable records of the year... an astonishing record”. To date, his music has been streamed over 6 million times and his music videos have over 22 million views on YouTube. His music is used regularly on film & TV, including CBC Television’s 2016 Rio Olympics / Paralympics coverage.

Peter is also one of Canada’s most in-demand speakers, being called on to give his highly customized ‘Keynote Concerts’ to countless companies and

“His ability to connect is unlike anyone I’ve seen. To be the highest standard of being a storyteller is to be like Peter Katz.”

- Jeff Pulver (Founder of Vonage)

organizations across various industries like Bell, Xerox, Royal LePage, American Express, Purolator, Mars, Trillium Health and Royal Bank, to name a few. Over the course of the global shutdown, Peter’s impressive move to virtual saw him perform to over 150,000 people virtually around the world, including being asked to address the House of Commons of Canada.

“Peter blew my expectations out of the water, and I had very high expectations”, said Clinical Director of Diagnostic Imaging at SickKids, Wayne Lee.

Reigniting the

Spark



BOOK PETER & ROBYNE

info@speakers.ca